

Dairy Free Mac and Cheese

In-House and Virtual Cooking Class

Friday, June 9 - Noon



What you need:

- 12 ounces pasta of choice
- 1 1/2 cups raw cashews
- 1-2 tablespoons olive oil
- 1/2 medium sweet onion
- 6 cloves garlic, minced
- 2 cups unsweetened almond, coconut, or cashew milk
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon salt, or to taste

Instructions:

1. Bring four cups of water to a boil.
2. Place cashews in a bowl and pour boiled water over cashews to soak for five minutes.
3. Chop onion and garlic.
4. Sauté onions and garlic in olive oil over medium heat.
5. Drain cashews and discard water.
6. Add cashews, milk, onions/garlic, lemon juice and salt to a blender. Blend until smooth.
7. Warm sauce on medium heat.
8. Cook pasta of choice and drain.
9. Top pasta with sauce and enjoy!